

# XI ĆWIERĆMARATON BIELIKA - BIEG

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** XI Ćwierćmaraton Bielika  
**Organizator:** Gmina Kołbaskowo  
**Data:** 2022-05-28  
**Miejsce:** Gmina Kołbaskowo  
**Dystans:** 11 km



Klasyfikacja: OPEN -M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	WASILEWSKI Andrzej	69		OPEN -M	1		00:41:09.71		3:44	16 (100%)
2	RUSEK Kamil	118	FEHLAU RUN TEAM	OPEN -M	2		00:41:13.61	+00:00:03 (0.2%)	3:44	16 (100%)
3	ŻABICKI Jarek	114	HERMES GRYFINO	OPEN -M	3		00:41:17.44	+00:00:07 (0.3%)	3:45	16 (100%)
4	OPAS Adam	59	UKL ÓSEMKA POLICE	OPEN -M	4		00:41:25.91	+00:00:16 (0.7%)	3:45	15.9 (99.4%)
5	KONARSKI Bartosz	20	ERAKAWY	M45+	1		00:41:37.69	+00:00:27 (1.1%)	3:47	15.9 (99.4%)
6	ZIELINSKI Sławomir	269	HUSARIA	OPEN -M	5		00:43:27.33	+00:02:17 (5.3%)	3:57	15.2 (95.0%)
7	WOLSKI Marcin	112	DGS DIAGNOSTICS TEAM	OPEN -M	6		00:43:42.89	+00:02:33 (5.8%)	3:58	15.1 (94.4%)
8	ZAMOIĆ Daniel	141		OPEN -M	7		00:43:45.32	+00:02:35 (5.9%)	3:58	15.1 (94.4%)
9	PŁUSA Robert	64	SAVAGES	OPEN -M	8		00:45:08.81	+00:03:59 (8.8%)	4:06	14.6 (91.3%)
10	HOŁYŃSKI Leszek	58	KM PSP SZCZECIN	Gmina Kołbaskowo M	1	Tak	00:45:12.06	+00:04:02 (8.9%)	4:06	14.6 (91.3%)
11	PORWICH Radosław	256	TT SZCZECIN	M45+	2		00:45:19.30	+00:04:09 (9.2%)	4:07	14.6 (91.3%)
12	KOLENDA Krzysztof	263	FIZJOBIEGACZE SZCZECIN/KALMAR RUNNERS	M45+	3		00:45:27.41	+00:04:17 (9.4%)	4:07	14.5 (90.6%)
13	KĘDZIORA Piotr	101		OPEN -M	9		00:46:52.25	+00:05:42 (12.2%)	4:15	14.1 (88.1%)
14	KUFEL Tomasz	46	PITER@TOMI TEAM	M45+	4	Tak	00:46:55.94	+00:05:46 (12.3%)	4:15	14.1 (88.1%)
15	BORGER Krzysztof	79	UKL ÓSEMKA POLICE	OPEN -M	10		00:47:20.39	+00:06:10 (13.1%)	4:18	13.9 (86.9%)
16	KOZINIEC Krystian	147	DRUŻYNA FILIPA	OPEN -M	11		00:47:36.98	+00:06:27 (13.6%)	4:19	13.9 (86.9%)
17	OLEJNIK Przemek	99		M45+	5		00:47:48.27	+00:06:38 (13.9%)	4:20	13.8 (86.3%)
18	TABĘCKI Radosław	208		OPEN -M	12		00:47:57.24	+00:06:47 (14.2%)	4:21	13.8 (86.3%)
19	MAKUCHOWSKI Arkadiusz	125		OPEN -M	13		00:48:34.02	+00:07:24 (15.2%)	4:24	13.6 (85.0%)
20	KALICIAK Rafał	50	HELLAS TEAM	OPEN -M	14		00:48:39.82	+00:07:30 (15.4%)	4:25	13.6 (85.0%)
21	PALCZYŃSKI Jakub Palczynski	286	HELLAS TEAM	OPEN -M	15		00:48:59.58	+00:07:49 (16.0%)	4:27	13.5 (84.4%)
22	MOSZYŃSKI Maciej	198		OPEN -M	16		00:49:11.80	+00:08:02 (16.3%)	4:28	13.4 (83.8%)
23	ADAMSKI Janusz	123		M45+	6		00:50:05.25	+00:08:55 (17.8%)	4:33	13.2 (82.5%)
24	ZAKRZEWSKI Paweł	38		OPEN -M	17		00:50:26.01	+00:09:16 (18.4%)	4:35	13.1 (81.9%)
25	GRZYBOWSKI Robert	170		M45+	7		00:50:29.18	+00:09:19 (18.5%)	4:35	13.1 (81.9%)
26	CZYŻEWSKI Tomasz	159		OPEN -M	18		00:50:29.65	+00:09:19 (18.5%)	4:35	13.1 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
27	<b>PRZEWOŹNIAK Krzysztof</b>	<b>221</b>		Gmina Kołbaskowo M	2	Tak	<b>00:50:41.81</b>	+00:09:32 (18.8%)	4:36	13 (81.3%)
28	<b>B Jarek</b>	<b>244</b>		M45+	8		<b>00:50:47.16</b>	+00:09:37 (19.0%)	4:37	13 (81.3%)
29	<b>SZTADILÓW Arkadiusz</b>	<b>65</b>	HELLAS TEAM	Gmina Kołbaskowo M	3	Tak	<b>00:51:13.29</b>	+00:10:03 (19.6%)	4:39	12.9 (80.6%)
30	<b>SAMSON Robert</b>	<b>297</b>		OPEN -M	19		<b>00:51:24.47</b>	+00:10:14 (19.9%)	4:40	12.8 (80.0%)
31	<b>KLAUZIŃSKI Arkadiusz</b>	<b>239</b>		OPEN -M	20		<b>00:51:31.48</b>	+00:10:21 (20.1%)	4:41	12.8 (80.0%)
32	<b>PAWŁOWSKI Piotr</b>	<b>142</b>	PP IPSUM PIOTR PAWŁOWSKI	OPEN -M	21		<b>00:51:34.58</b>	+00:10:24 (20.2%)	4:41	12.8 (80.0%)
33	<b>JUDKIEWICZ Piotr</b>	<b>124</b>		M45+	9		<b>00:51:40.05</b>	+00:10:30 (20.3%)	4:41	12.8 (80.0%)
34	<b>BOJKO Marek</b>	<b>258</b>		M45+	10		<b>00:51:56.75</b>	+00:10:47 (20.8%)	4:43	12.7 (79.4%)
35	<b>WARCZALOWSKI Arkadiusz</b>	<b>290</b>		M45+	11		<b>00:51:56.76</b>	+00:10:47 (20.8%)	4:43	12.7 (79.4%)
36	<b>KRAWNIAK Michał</b>	<b>57</b>	ABECADŁO STARGARD	OPEN -M	22		<b>00:52:00.44</b>	+00:10:50 (20.9%)	4:43	12.7 (79.4%)
37	<b>HAŁGAS Piotr</b>	<b>167</b>		OPEN -M	23		<b>00:52:04.54</b>	+00:10:54 (21.0%)	4:44	12.7 (79.4%)
38	<b>WARACHOWSKI Marcin</b>	<b>249</b>		OPEN -M	24		<b>00:52:15.30</b>	+00:11:05 (21.2%)	4:45	12.6 (78.8%)
39	<b>SZYMAŃSKI Piotr</b>	<b>150</b>	BS FAMILY TEAM	OPEN -M	25		<b>00:52:16.29</b>	+00:11:06 (21.3%)	4:45	12.6 (78.8%)
40	<b>PRAWDA Sebastian</b>	<b>220</b>		M45+	12		<b>00:52:21.92</b>	+00:11:12 (21.4%)	4:45	12.6 (78.8%)
41	<b>DZICZEK Ireneusz</b>	<b>18</b>	RAZ SZCZECIN	M45+	13		<b>00:52:26.79</b>	+00:11:17 (21.5%)	4:46	12.6 (78.8%)
42	<b>SKOCZYŁAS Patryk</b>	<b>49</b>		OPEN -M	26		<b>00:52:33.96</b>	+00:11:24 (21.7%)	4:46	12.6 (78.8%)
43	<b>ZACHARSKI Piotr</b>	<b>139</b>		OPEN -M	27		<b>00:52:46.16</b>	+00:11:36 (22.0%)	4:47	12.5 (78.1%)
44	<b>WÓJCIK Damian</b>	<b>87</b>		Gmina Kołbaskowo M	4	Tak	<b>00:52:57.31</b>	+00:11:47 (22.3%)	4:48	12.5 (78.1%)
45	<b>BROŻYNA Miłosz</b>	<b>243</b>	ON RUN CREW POLAND	OPEN -M	28		<b>00:53:06.44</b>	+00:11:56 (22.5%)	4:49	12.4 (77.5%)
46	<b>WOLSKI Kajetan</b>	<b>171</b>		OPEN -M	29		<b>00:53:16.37</b>	+00:12:06 (22.7%)	4:50	12.4 (77.5%)
47	<b>GRZELAK Ryszard</b>	<b>227</b>	KB HERMES GRYFINO	M45+	14		<b>00:53:42.83</b>	+00:12:33 (23.4%)	4:52	12.3 (76.9%)
48	<b>WARACHOWSKI Łukasz</b>	<b>250</b>		OPEN -M	30		<b>00:53:55.53</b>	+00:12:45 (23.7%)	4:54	12.2 (76.3%)
49	<b>WOLSKI Tomasz</b>	<b>235</b>		M45+	15		<b>00:53:59.54</b>	+00:12:49 (23.8%)	4:54	12.2 (76.3%)
50	<b>LANGIEWICZ Jacek</b>	<b>245</b>	MKJ POLICE	M65+	1		<b>00:54:04.30</b>	+00:12:54 (23.9%)	4:54	12.2 (76.3%)
51	<b>KOŁTUN Wojtek</b>	<b>228</b>		M45+	16		<b>00:54:07.84</b>	+00:12:58 (24.0%)	4:55	12.2 (76.3%)
52	<b>ZALEJSKI Tomasz</b>	<b>278</b>		M45+	17		<b>00:54:09.88</b>	+00:13:00 (24.0%)	4:55	12.2 (76.3%)
53	<b>CZAPSKI Sławomir</b>	<b>248</b>		M45+	18		<b>00:54:40.39</b>	+00:13:30 (24.7%)	4:58	12.1 (75.6%)
54	<b>PŁUCIENNIK Piotr</b>	<b>197</b>		M45+	19		<b>00:54:54.28</b>	+00:13:44 (25.0%)	4:59	12 (75.0%)
55	<b>SIWAK Łukasz</b>	<b>120</b>	DPT RUN TEAM SZCZECIN	OPEN -M	31		<b>00:55:18.78</b>	+00:14:09 (25.6%)	5:01	11.9 (74.4%)
56	<b>ŁUKASIK Michał</b>	<b>71</b>		OPEN -M	32		<b>00:55:36.15</b>	+00:14:26 (26.0%)	5:03	11.9 (74.4%)
57	<b>ROŚLAŃ Krzysztof</b>	<b>119</b>		OPEN -M	33		<b>00:55:36.45</b>	+00:14:26 (26.0%)	5:03	11.9 (74.4%)
58	<b>BIELAN Artur</b>	<b>77</b>		OPEN -M	34		<b>00:55:36.57</b>	+00:14:26 (26.0%)	5:03	11.9 (74.4%)
59	<b>WOJDYLEWSKI Ariel</b>	<b>177</b>		Gmina Kołbaskowo M	5	Tak	<b>00:55:37.72</b>	+00:14:28 (26.0%)	5:03	11.9 (74.4%)
60	<b>ŁAWNICZAK Sebastian</b>	<b>219</b>		M45+	20		<b>00:55:51.75</b>	+00:14:42 (26.3%)	5:04	11.8 (73.8%)
61	<b>SZYMCZAK Robert</b>	<b>148</b>	DPT RUN TEAM SZCZECIN	M45+	21		<b>00:55:53.23</b>	+00:14:43 (26.3%)	5:04	11.8 (73.8%)
62	<b>RAK Darek</b>	<b>23</b>	TYMTRITEAM	M45+	22		<b>00:55:56.45</b>	+00:14:46 (26.4%)	5:05	11.8 (73.8%)
63	<b>MONCZKA Robert</b>	<b>100</b>	TYMTRITEAM	M45+	23		<b>00:55:58.86</b>	+00:14:49 (26.5%)	5:05	11.8 (73.8%)
64	<b>PIWKO Mateusz</b>	<b>84</b>		OPEN -M	35		<b>00:56:00.66</b>	+00:14:50 (26.5%)	5:05	11.8 (73.8%)
65	<b>KRUGLIŃSKI Tomasz</b>	<b>284</b>	HELLAS TEAM	M45+	24	Tak	<b>00:56:30.02</b>	+00:15:20 (27.1%)	5:08	11.7 (73.1%)
66	<b>DYMOWSKI Paweł</b>	<b>144</b>		OPEN -M	36		<b>00:56:33.13</b>	+00:15:23 (27.2%)	5:08	11.7 (73.1%)
67	<b>BRZEZIŃSKI Łukasz</b>	<b>117</b>		OPEN -M	37		<b>00:56:48.80</b>	+00:15:39 (27.5%)	5:09	11.6 (72.5%)
68	<b>KOSIACKI Sebastian</b>	<b>189</b>		OPEN -M	38		<b>00:56:48.85</b>	+00:15:39 (27.5%)	5:09	11.6 (72.5%)
69	<b>KWIATKOWSKI Dariusz</b>	<b>10</b>	MODLITWA BIEGANIA GRYFINO	M45+	25		<b>00:56:50.74</b>	+00:15:41 (27.6%)	5:10	11.6 (72.5%)
70	<b>FIJAŁKOWSKI Karol</b>	<b>241</b>		OPEN -M	39		<b>00:57:03.96</b>	+00:15:54 (27.9%)	5:11	11.6 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
71	STĘPNIAK Lesław	42		OPEN -M	40		00:57:05.60	+00:15:55 (27.9%)	5:11	11.6 (72.5%)
72	GÓRSKI Jacek	253		M45+	26		00:57:27.35	+00:16:17 (28.4%)	5:13	11.5 (71.9%)
73	BARANOWSKI Maciej	154	SAVAGES	OPEN -M	41		00:57:56.22	+00:16:46 (29.0%)	5:16	11.4 (71.3%)
74	KACZKOWSKI Roman	86		M45+	27	bieg	00:58:02.85	+00:16:53 (29.1%)	5:16	11.4 (71.3%)
75	SELWASIUK Tomasz	165		M45+	28		00:58:08.97	+00:16:59 (29.2%)	5:17	11.4 (71.3%)
76	MASŁYK Dariusz	164		M45+	29		00:58:23.51	+00:17:13 (29.5%)	5:18	11.3 (70.6%)
77	BARANOWSKI Michał	2	SAVAGES	OPEN -M	42		00:58:45.11	+00:17:35 (29.9%)	5:20	11.2 (70.0%)
78	KRÓLIKOWSKI Rafał	234		Gmina Kołbaskowo M	6	Tak	00:58:56.37	+00:17:46 (30.2%)	5:21	11.2 (70.0%)
79	KOŁOMAŃSKI Hubert	76		OPEN -M	43		00:58:56.63	+00:17:46 (30.2%)	5:21	11.2 (70.0%)
80	MARKIEWICZ Dawid	143		OPEN -M	44		00:59:02.59	+00:17:52 (30.3%)	5:22	11.2 (70.0%)
81	ZARZYCKI Piotr	151		M45+	30		00:59:12.69	+00:18:02 (30.5%)	5:22	11.1 (69.4%)
82	BŁACHNIO Krzysztof	8	RAZ SZCZECIN	M45+	31		00:59:17.81	+00:18:08 (30.6%)	5:23	11.1 (69.4%)
83	KUFEL Krzysztof	19	PATOBIEGANIE	Gmina Kołbaskowo M	7	Tak	00:59:21.61	+00:18:11 (30.7%)	5:23	11.1 (69.4%)
84	LUDWINIAK Aleksander	68		Gmina Kołbaskowo M	8	Tak	00:59:23.39	+00:18:13 (30.7%)	5:23	11.1 (69.4%)
85	WIESZCZEK Wojciech	185		OPEN -M	45		00:59:26.93	+00:18:17 (30.8%)	5:24	11.1 (69.4%)
86	KUBIAK Michał	37		OPEN -M	46		00:59:50.22	+00:18:40 (31.2%)	5:26	11 (68.8%)
87	NIEDBAŁA Łukasz	240		OPEN -M	47		00:59:51.25	+00:18:41 (31.2%)	5:26	11 (68.8%)
88	PASZKO Daniel	28	WIECZORNE BIEGANIE W SZCZECINIE	M45+	32		00:59:56.50	+00:18:46 (31.3%)	5:26	11 (68.8%)
89	BILSKI Sławek	291	SKS HUSARIA	OPEN -M	48		00:59:56.51	+00:18:46 (31.3%)	5:26	11 (68.8%)
90	OLEŚKIEWICZ Michał	231	DPT RUN TEAM SZCZECIN	OPEN -M	49		01:00:05.02	+00:18:55 (31.5%)	5:27	11 (68.8%)
91	OLEŃDZKI Michał	132		OPEN -M	50		01:00:10.17	+00:19:00 (31.6%)	5:28	11 (68.8%)
92	STRYCHACZ Jakub	257		OPEN -M	51		01:00:28.61	+00:19:18 (31.9%)	5:29	10.9 (68.1%)
93	GAJEWSKI Tomasz	129		OPEN -M	52		01:00:57.44	+00:19:47 (32.5%)	5:32	10.8 (67.5%)
94	KRACZOWSKI Mirosław	202		M45+	33		01:00:59.65	+00:19:49 (32.5%)	5:32	10.8 (67.5%)
95	SZYMAŃSKI Artur	233	BS FAMILY TEAM	M45+	34		01:01:04.98	+00:19:55 (32.6%)	5:33	10.8 (67.5%)
96	FATE Shivan	75	WATAHA PRZECŁAW	Gmina Kołbaskowo M	9	Tak	01:01:07.12	+00:19:57 (32.7%)	5:33	10.8 (67.5%)
97	JASAK Michał	107		OPEN -M	53		01:01:13.09	+00:20:03 (32.8%)	5:33	10.8 (67.5%)
98	DUMKIEWICZ Grzegorz	105		OPEN -M	54		01:01:13.99	+00:20:04 (32.8%)	5:33	10.8 (67.5%)
99	KOMOROWSKI Tomasz	72		OPEN -M	55		01:01:24.94	+00:20:15 (33.0%)	5:34	10.7 (66.9%)
100	ZIMNY Tomasz	200		M65+	2		01:01:25.23	+00:20:15 (33.0%)	5:35	10.7 (66.9%)
101	PASTERNAK Ryszard	136		M45+	35	Tak	01:01:26.67	+00:20:16 (33.0%)	5:35	10.7 (66.9%)
102	DŹWIGAŁ Tomasz	215	SKS HUSARIA	M45+	36		01:01:26.88	+00:20:17 (33.0%)	5:35	10.7 (66.9%)
103	KOMOROWSKI Michał	218		OPEN -M	56		01:01:29.80	+00:20:20 (33.1%)	5:35	10.7 (66.9%)
104	SKÓRA Robert	67		M45+	37		01:01:30.91	+00:20:21 (33.1%)	5:35	10.7 (66.9%)
105	KORELL Klaus	52	JUST CRAZY	M45+	38	bieg	01:01:39.28	+00:20:29 (33.2%)	5:36	10.7 (66.9%)
106	STACHOWSKI Andrzej	85	MONIA GYM	M45+	39		01:01:47.93	+00:20:38 (33.4%)	5:37	10.7 (66.9%)
107	WITORZĘĆ Dariusz	47		M45+	40		01:01:50.72	+00:20:41 (33.4%)	5:37	10.7 (66.9%)
108	CHABIŃSKI Artur	104		OPEN -M	57		01:02:27.67	+00:21:17 (34.1%)	5:40	10.6 (66.3%)
109	BRUDŁO Artur	270	MORS	OPEN -M	58		01:02:28.07	+00:21:18 (34.1%)	5:40	10.6 (66.3%)
110	ŁEBKOWSKI Karol	168	WILKI Z CIECHOCINKA	OPEN -M	59		01:02:44.94	+00:21:35 (34.4%)	5:42	10.5 (65.6%)
111	ZADURSKI Robert	281		M45+	41		01:02:49.70	+00:21:39 (34.5%)	5:42	10.5 (65.6%)
112	RUDZEWICZ Mariusz	223		OPEN -M	60		01:02:50.90	+00:21:41 (34.5%)	5:42	10.5 (65.6%)
113	KALINOWSKI Łukasz	51		OPEN -M	61		01:03:01.04	+00:21:51 (34.7%)	5:43	10.5 (65.6%)
114	DOJLIDO Michał	179		OPEN -M	62		01:03:02.05	+00:21:52 (34.7%)	5:43	10.5 (65.6%)

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115	CHWIEDUK Andrzej	178		OPEN -M	63		01:03:39.09	+00:22:29 (35.3%)	5:47	10.4 (65.0%)
116	CZERWIŃSKI Dariusz	205	LOVELASY	M45+	42		01:03:39.68	+00:22:29 (35.3%)	5:47	10.4 (65.0%)
117	SURDACKI Jerzy	92	DRUŻYNA SZPIKU	M45+	43		01:04:14.43	+00:23:04 (35.9%)	5:50	10.3 (64.4%)
118	WINIARZ Łukasz	186		OPEN -M	64		01:04:17.49	+00:23:07 (36.0%)	5:50	10.3 (64.4%)
119	KORNICKI Jarosław	210		OPEN -M	65		01:04:26.73	+00:23:17 (36.1%)	5:51	10.2 (63.8%)
120	TROĆ Robert	254	RAZ SZCZECIN	Gmina Kołbaskowo M	10	Tak	01:04:26.85	+00:23:17 (36.1%)	5:51	10.2 (63.8%)
121	WITKOWSKI Artur	127		M45+	44		01:04:29.16	+00:23:19 (36.2%)	5:51	10.2 (63.8%)
122	ADAMCZUK Feliks	199		M45+	45		01:05:08.10	+00:23:58 (36.8%)	5:55	10.1 (63.1%)
123	DYJAK Michał	26		OPEN -M	66		01:05:23.47	+00:24:13 (37.1%)	5:56	10.1 (63.1%)
124	NAREJKO Paweł	60		Gmina Kołbaskowo M	11	Tak	01:05:33.81	+00:24:24 (37.2%)	5:57	10.1 (63.1%)
125	JĘDRUCH Rafał	98		M45+	46		01:05:43.15	+00:24:33 (37.4%)	5:58	10 (62.5%)
126	KWAŚNIEWSKI Wojciech	108		OPEN -M	67		01:06:08.22	+00:24:58 (37.8%)	6:00	10 (62.5%)
127	GRUBIAK Dawid	106		OPEN -M	68		01:06:08.99	+00:24:59 (37.8%)	6:00	10 (62.5%)
128	DZBANUSZEK Mariusz	94	SPARTAKUS SZCZECIN	OPEN -M	69		01:06:40.42	+00:25:30 (38.3%)	6:03	9.9 (61.9%)
129	WIŚNIEWSKI Czesław	48	MARATOŃCZYK SZCZECIN	M65+	3		01:06:41.18	+00:25:31 (38.3%)	6:03	9.9 (61.9%)
130	DEJER Rafał	103		M45+	47		01:06:50.47	+00:25:40 (38.4%)	6:04	9.9 (61.9%)
131	KROMRYCH Maciej	30		M45+	48		01:07:04.05	+00:25:54 (38.6%)	6:05	9.8 (61.3%)
132	JANOWICZ Tomasz	36	MORSY SIADLO DOLNE	M45+	49	Tak	01:07:19.33	+00:26:09 (38.9%)	6:07	9.8 (61.3%)
133	CZAJKOWSKI Kamil	274		OPEN -M	70		01:07:39.97	+00:26:30 (39.2%)	6:09	9.8 (61.3%)
134	PAWELCZAK Cezary	82	GO2TRI	M45+	50		01:07:50.96	+00:26:41 (39.3%)	6:10	9.7 (60.6%)
135	BUREK Andrzej	252	100 MARATON KLUB POLSKA	M65+	4		01:08:19.19	+00:27:09 (39.8%)	6:12	9.7 (60.6%)
136	NOWAK Mateusz	292		OPEN -M	71		01:08:22.17	+00:27:12 (39.8%)	6:12	9.7 (60.6%)
137	JURCZYŃSKI Łukasz	193	KOPAŃSKIEGO TEAM	OPEN -M	72		01:08:45.40	+00:27:35 (40.1%)	6:15	9.6 (60.0%)
138	PANASIUK Sambor	110		OPEN -M	73		01:08:45.67	+00:27:35 (40.1%)	6:15	9.6 (60.0%)
139	WOLSKI Krzysztof	172		M45+	51		01:08:54.11	+00:27:44 (40.3%)	6:15	9.6 (60.0%)
140	FYL Bohdan	180		OPEN -M	74		01:08:59.30	+00:27:49 (40.3%)	6:16	9.6 (60.0%)
141	GŁOGOWSKI Jan	203		M45+	52		01:09:20.63	+00:28:10 (40.6%)	6:18	9.5 (59.4%)
142	FORNALIK Krzysztof	9		OPEN -M	75		01:10:31.19	+00:29:21 (41.6%)	6:24	9.4 (58.8%)
143	SERPUTKO Vladyslav	182		OPEN -M	76		01:11:07.68	+00:29:57 (42.1%)	6:27	9.3 (58.1%)
144	ZDYBEL Tomasz	187		OPEN -M	77		01:11:19.93	+00:30:10 (42.3%)	6:29	9.3 (58.1%)
145	BIEGANSKI Tomasz	226		OPEN -M	78		01:11:43.19	+00:30:33 (42.6%)	6:31	9.2 (57.5%)
146	DZBANUSZEK Krzysztof	95	ŚLĘZAK TEAM	OPEN -M	79		01:13:09.19	+00:31:59 (43.7%)	6:39	9 (56.3%)
147	HERBA Zbigniew	149	HOLSTAR PĘZINO	M65+	6		01:13:33.33	+00:32:23 (44.0%)	6:41	9 (56.3%)
148	BEDNARZ Maciej	25		M45+	53	Tak	01:14:20.77	+00:33:11 (44.6%)	6:45	8.9 (55.6%)
149	PIOTROWSKI Krzysztof	131	AMPIO TEAM	M45+	54		01:14:51.00	+00:33:41 (45.0%)	6:48	8.8 (55.0%)
150	CARDINALI Mario	89	ZRYW KOŁBASKOWO	Gmina Kołbaskowo M	12	Tak	01:15:36.86	+00:34:27 (45.6%)	6:52	8.7 (54.4%)
151	MISTELSKI Karol	29		OPEN -M	80		01:16:01.50	+00:34:51 (45.9%)	6:54	8.7 (54.4%)
152	OCIEPKA Paweł	56		M45+	55		01:16:24.75	+00:35:15 (46.1%)	6:56	8.6 (53.8%)
153	TOMASZ Czapla	295		OPEN -M	81		01:16:55.15	+00:35:45 (46.5%)	6:59	8.6 (53.8%)
154	MAZUR Michał	133		M45+	56		01:17:43.39	+00:36:33 (47.0%)	7:03	8.5 (53.1%)
155	ROLLA Dorian	173		M45+	57		01:18:09.87	+00:37:00 (47.3%)	7:06	8.4 (52.5%)
156	STROJNY Stanisław	184		OPEN -M	82		01:18:44.85	+00:37:35 (47.7%)	7:09	8.4 (52.5%)
157	KOSMAŁSKI Jarosław	45	SKS HUSARIA	OPEN -M	83		01:25:58.98	+00:44:49 (52.1%)	7:48	7.7 (48.1%)
158	SZARAPANOWSKI Andrzej	222		M45+	58		01:26:36.09	+00:45:26 (52.5%)	7:52	7.6 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
159	<b>BLAZIAK Sebastian</b>	<b>156</b>		OPEN -M	84		<b>01:28:17.77</b>	+00:47:08 (53.4%)	8:01	7.5 (46.9%)

Znaleziono 159 wynik(ów)